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### **KINNERET COUNCIL ON AGING CONTINUES TO ENHANCE RESIDENT ENGAGEMENT**

Orlando, Florida, December 6, 2017 – The Kinneret Council on Aging (KCOA), a non-profit agency that provides ongoing programs and services to residents of Kinneret Apartments, has announced additional activities and engagement as it continues to meet the changing needs of its residents.

KCOA continues to fund the popular twice-monthly food pantry which provides a bountiful grocery bag to residents at no cost. Groceries include rice or pasta, a protein, canned goods as well as frozen meats and fresh produce. This program offers an array of healthy foods to residents, many who enjoy cooking their own meals. Currently over 120 residents are participating in this program.

Recent events for residents included an outing to the Rosen JCC to enjoy the World's Fair event which featured entertainment and Chicago-style gourmet treats; a Friday night Shabbat Dinner with local Hillel students and a trip to the Jewish Pavilion Music Festival. Our Be Happy, Be Healthy onsite program continues and offers opportunities for engagement through exercise, crafts, laughs and more.

The November 2<sup>nd</sup> Health Fair was a huge success with 35 exhibitors and over 160 Kinneret residents and seniors from the neighboring community in attendance. Participants were offered flu shots, blood pressure checks, information on wellness topics including personal hygiene, dental, mental health counseling and more. All the above activities were provided at no charge to participants.

Community support following the hurricane came from the First United Methodist Church of Orlando, United Against Poverty, Boy Scout Troop 24 and Boone High School. Meals and food bags were delivered to Kinneret residents. "The outpouring of support and supplies was overwhelming," explained Sharon Weil, Director of Programming and Development, Kinneret Council on Aging.

Residents have also enjoyed dinner parties, celebrated Sukkot with UCF Hillel students and were provided a brisket and turkey lunch prepared by a fellow resident along with a musical accompaniment.

(continued)

(Kinneret Update Press release December 6, 2017 continued)

“The enhanced activities better meet the health and well-being of our residents who continue to enjoy an active, independent lifestyle and offer additional opportunities for engagement,” explained Sharon Weil. “It is exciting and rewarding to see so many of our residents participating in the new activities,” she continued.

Kinneret Apartments is a low income independent living senior facility located in downtown Orlando. For information on the facility or to find out how you can donate to KCOA, please go to [www.kinneretapartments.com](http://www.kinneretapartments.com) or contact Sharon Weil at 407.425.4537 ext. 211.

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